



## Friday Update

July 9, 2010

### FRIDAY UPDATE INFORMATION FROM HR

06/11/10

#### WELCOME TO OUR NEW HIRES

Gary West, promoted to Fitness Coordinator  
Christina Curtis, Recreation Specialist  
Katherine Barnes, GIS Assistant  
Ryan Fluckey, Parks Seasonal Laborer  
Edwin Espinoza, Recreation Specialist

The following employees have completed a various number of years of service as of July 30, 2010. (1, 5, 10, 15, 20, 25, 30, 35, 40, 45 years searched)

Rod Myers	10 years
Sandi Brown	5 years
Travis Volz	1 year

### COMMUNITY DEVELOPMENT

No new information for this week.

## Friday Updates For Parks Department

07-09-10

From: Parks Department

The last two weeks activities for the Parks Crew:

- Clean up 4<sup>th</sup> of July activities full crew, Confluence. 300 plus bags of trash disposed of through-out the City for this weekend.
- Return all bleachers from 4<sup>th</sup> events, move to Delta ra do day events.
- Start volley ball pits, cut weeds mark location, start digging Wednesday, and Friday and hope to finish on Tuesday or Wednesday.
- Repair water leak a Bob Jay.
- Work on lights at Art project.
- Pick up tree limbs from wind storm.
- Cut large limb on sidewalk Palmer St.
- Tractor pull track done by Public Works.

## Delta Police Department's Weekly Activities Report

For the Period of 2-8 July 2010

Activity	Week Ending 8 July 2010	Year to Date
Law Incidents:	45	1133
Traffic Citations:	32	1093
Arrests:	04	177
Summons:	02	174
Warrants:	00	14
DUIs:	00	39
Animal Control Tickets:	00	41

"Traffic Citations" are tickets issued for traffic violations only.

"Arrests" includes all custodial arrests where the person(s) were taken to a jail facility.

"Summons" is all non-custodial arrests: released at the scene with a summons (or penalty assessment ticket) to municipal or county court (non traffic violations).

"Warrants" are the number of warrants applied for where an arrest is pending.

"DUI" includes all driving offenses where alcohol or drugs were a factor in the violation.

"Animal Control Tickets" are tickets issued by Animal Control (AC) for AC Violations.



## RECREATION DIVISION

### AQUATICS

**Open Swim** (Monday-Friday) starts at 1:00pm until 9:30pm, Saturday open swim starts at 10:00am until 8:30pm, Sunday open swim 12:00-5:30pm.

**Community CPR and First Aid Classes** being offered **July 10<sup>th</sup>** and **August 14<sup>th</sup>**, 2010 at Bill Heddles Recreation Center from 8:00am - 5:00pm, with and break for

lunch. (lunch not provided)

Cost: \$50, preregister and pay (cash or credit card only) for the July class by July 5, 2010 and for the August 14<sup>th</sup> class by August 9, 2010. Space is limited sign-up soon.

**Summer Swim Lessons Successful!** To date, 139 children have participated in two daytime and one nighttime sessions of public swim lessons. They have met the requirements of levels 1, 2,3 and a combined 3-4 level. The Parent/Tot program generated 21 little swimmers! It is exciting to work with and see the accomplishment of these young swimmers.

## **FACILITY**

The **New Full Page Activity Guide for July/August 2010** came out in the High Country Shopper on Wednesday July 7<sup>th</sup>. If you missed seeing the Guide in the paper, come by and pick up a copy from the BHRC front desk.

**75<sup>th</sup> Annual Deltarado Days July 15-18.** Events will be held in our City Parks, Horse Country Arena and around the community. Don't miss out on this great weekend! A lot of City Staff time goes into set-up and coordination for this event.... The Rec. Dept. wants to recognize and thank the Parks Dept. for their assistance in all these set-ups.

## **FITNESS**

### **Expanded Schedule! New Classes, New Times!**

The Fitness schedule is growing to fit the needs of our patrons. They include:

Tuesday	4:30	Body Bar +	Kindra
Wednesday	12:10	Total Body Blitz	Erin
Wednesday	5:30	Cycle & Abs	Letty
Thursday	4:30	Boxing for Fitness	Jake

And... **There's more on the Horizon!**

**Bike Fitting...** Don't know how to get your bike to fit you? Seat too Low? Handle bars too high?

Bike Fitting will be offered at NO COSR yes FREE on Saturday July 24 from 11:am to 1:00pm.

John York, Personal Trainer at Heddles, and owner of Cascade Bicycles in Montrose will get you set up. No sign-up necessary, just show up with your bike.

**Child Care Changes-** For those with children, the childcare service will now be closing at 7:00 pm. Monday - Thursday. New to the service will be expanded crafts and daily activities.

## FRONT DESK

Let our **Front Desk Assistants** assist you! Our front desk personnel can assist you in taking registrations and signing up new and returning members with memberships or punch cards.

- Punch Cards are sold in increments of 5, 10, or 20 punches for youth, adult, and seniors.
- Memberships are 3 month, 6 month, and 1 year for youth, adult, senior, single, dual, and family pricing.
- Daily admission is an option too, \$3.00 for youth ages 3-17, \$4.00 for adults ages 18-59, \$3.50 for seniors 60 and up.

Open hours:

- Monday - Friday 6:00am to 9:30pm.
- Saturday 8am to 8:30am
- Sunday Noon - 5:30pm

"Family Night" offers a special rate for 2 adults and up to 4 children all residing in the same household for \$8.

- Thursdays at 6:30pm
- Saturdays at 5:30pm

Come and play racquetball... we rent racquets and balls. (racquet - \$2.00 and the balls - \$.25)

We rent towels and bathing suits. (\$1.00 each)

We have basketballs and volleyballs to use.

## LEISURE

### Youth

**Babysitter's Training Course**, This course provides the skills needed to be a good leader and role model, to make good decisions, solve problems, and how to keep the children and yourself safe. This two day class is being offered on Wednesday July 21 & Thursday 22. The class fee is \$85, which includes CPR & First Aid Certification. Registration deadline July 19<sup>th</sup>.

### **Deltarado Days Kids Karnival**

This is a favorite for kids and will be held on Saturday, July 17<sup>th</sup> from 11 am till 4 pm. The cost is only \$5. Be sure and send the kids over in their swimsuits and with sunscreen. Pre-registration is not required.

### **Grand Junction Climbing Center Outing**

Participants will have 2 hours to boulder and climb all they want on Thursday July 29 from 9am-3pm for just \$16. Lunch is at own expense. For ages 12 & older. Registration deadline July 26<sup>th</sup>.

### **Dinosaur Journey**

Join us in a trip to see the Life-Like Robotic Dinosaurs, fossils and simulated earthquake in Fruita. The trip is scheduled for Thursday August 5<sup>th</sup> at a cost of \$20. Lunch is at own expense. For ages 8 & older. Registration deadline August 2nd.

### **Hunter Safety Education-All Ages**

Co-sponsored by Division of Wildlife and Delta Recreation Department. Hunter Education is not just for hunters, you can learn firearms safety, hunting ethics wildlife management and conservation, wildlife identification, outdoor survival and much more. This class is being held on Friday August 13<sup>th</sup> 6-9pm and Saturday August 14<sup>th</sup> 9-5 for just \$10. Minimum age is 10 years old.

### **Adults**

#### **Dog agility**

This class is great for beginners and intermediates to train your dog on command through tunnels, jumps, hoops, and more. The dog must be at least six months old and have some basic obedience skills. Classes are held on Wednesdays July 14-August 4 from 6:30-7:30pm for \$40. Class is instructed by Judy Leonard with K9 Kapers. Must register by July 12<sup>th</sup>.

### **Gentle Float Trips**

There are some Gentle Float Trips that are coming up soon. Escalante Canyon to Dominguez Canyon on August 7<sup>th</sup> and then Delta-Confluence Park to Escalante Canyon scheduled for July 17<sup>th</sup> & August 14<sup>th</sup>. ALKL TRIPS ARE FROM 8:30 AM-4 PM. The cost is \$80 per person and lunch is included in the price. Space is limited so be sure and sign up early. Registration is required 3 days prior to each trip. Available for ages 5+.

### **High Touch Jin Shin Acupressure Practitioner Level Workshops**

Participants learn how to balance and revitalize the body's natural electromagnetic energy flows.

Part I is being offered on July 23-25 and Part II August 6-8. The cost for each Workshop is \$250.

### **AARP Drivers Safety**

This course is designed for adults to update driving skills and help maintain driving mobility for years to come. A certificate is given at the completion of the course and is recognized by insurance companies for discounts on your auto insurance premium. Class is Monday August 9 & Tuesday August 10 from 8:30am-12:30pm for \$12 for AARP member and \$14 for non member.

### **Colorado Springs Garden of the Gods Overnight Trip**

Join the City of Delta Recreation Department for an overnight trip, by city bus, to the Colorado Springs area Aug 19<sup>th</sup> & 20<sup>th</sup>. We'll leave Rec. Center Thursday morning at 8:30am, stop in Salida for lunch, and then enjoy an authentic-western bbq supper with music under the sky at The Flying W Ranch in Colorado Springs. Friday morning, see the breathtaking rock formations at Garden of the Gods Park and travel to Manitou Springs for a unique shopping experience before heading back to Delta. Estimated time of arrival to return approximately 7pm. Call the Bill Heddles Recreation Center at 874-0923 for further details. Cost: \$190. Transportation, lodging, dinner/show, and breakfast is included. Lunches and shopping are not included in the price. Registration deadline is August 5th.

### **Community Evening Dance**

The next dance is scheduled for Saturday, August 21<sup>st</sup> at the Rec Center from 7-10 pm and is \$4 per person. Come listen to the music of Jim Rowland. Coffee and lemonade will be served.

### **Redstone Day Trip**

Travel to Redstone on September 7<sup>th</sup> for a day of exploring shops, galleries, & artist studios. Then enjoy lunch and tour the historical Redstone Castle. The \$18 registration fee covers transportation only. Castle tours are (adults \$15, Seniors 60+ \$10, and youth \$10). Youth under 18 must be accompanied by an adult. Must register by September 1<sup>st</sup>.

### **Magic Circle "Oliver"**

Travel with us to see the musical "Oliver", which is one of the most beloved British musicals, vividly bringing the life of Charles Dickens timeless characters. This trip is planned for Friday September 3<sup>rd</sup>, and the cost is \$18 for adults \$15 (60+) for seniors and \$13 for students through high school. Register by August 30<sup>th</sup>.

### **Joy of Painting "Bob Ross" style**

Come learn the Bob Ross painting technique, you will be amazed at what you can paint in such a short amount of time. Class is \$65, which includes all materials. Classes will be held on Saturday July 10 and Wednesday July 14<sup>th</sup>. See the front desk for details on your painting choice of landscape or floral.

### **Silverton Day Trip**

There is another great day trip planned, this one during prime fall-color season to Silverton, CO. September 16<sup>th</sup> we will travel by city bus for a day of shopping along Silverton's historic boulevard, visit a world-class mining museum, dine in an old-fashion atmosphere, and enjoying this pristine mountain setting. Cost \$22 which covers transportation. All other activities are on your own. Youth under 18 years of

age, must be accompanied by an adult. Registration deadline September 10<sup>th</sup>. Call BHRC for info. 970-874-0923.

## **SPORTS**

**Rockies Skills Challenge-** The Sectional Rockies Skills Challenge competition will be in Grand Junction on July 19<sup>th</sup>. Seven Delta County kids have qualified to participate in this event. They will be competing with other regional communities for a chance to go to the State Competition held at Coors Field in August.

### **PROGRAMS COMING SOON!!**

**Tennis Blast Tennis Camp-** Attention All 8-13 year olds!!! Here is your week for Tennis! City of Delta, Bill Heddles Recreation Center and Christina Curtis have joined to offer Tennis instruction for boys and girls 8-13 years. Join us at BHRC beginning on Monday, July 26<sup>th</sup> from 8:00-11:00am through Thursday, July 29<sup>th</sup>. Then on Friday participants will get to participate in a tournament starting at 8:00am. Interested persons should Pre-register at BHRC Before July 19<sup>th</sup>. Racquets and balls will be provided, but you should arrive dressed to play. The enrollment fee is only \$45. Event T-Shirt available for an additional \$5.

**Adult Fall Softball League-** Take advantage of our mild fall weather and extend your summer's healthy fun by registering your team for the Delta Parks Recreation & Culture Softball Fall League. Register June 16<sup>th</sup> through August 1<sup>st</sup> for the Coed, Women's or Men's leagues for only \$215.00 per Team and a \$20.00 player fee. The 10 game season begins mid August.

**Private Tennis Lessons-** Bill Heddles Recreation Center and Christina Curtis are offering Private Tennis Lessons. Christina Curtis has been the high school tennis coach for 6 years and has played tennis most of her life. She can do lessons for individuals of any level, beginner to advanced and can work with individuals to meet their schedule. Private Lessons are only \$30 per hour and need to be set up through the front desk at the Rec. Center. All lessons will be taught at Bill Heddles Recreation Center.

**3 on 3 Basketball League-** Let the games Begin! Round up your team and get ready because The City of Delta Parks and Recreation is offering a 3 on 3 Basketball League. There will be two divisions of play, an open and a women's league. Each team must have a minimum of 4 players but no more than 5. All the games will be held at the Bill Heddle's Recreation Center on Monday evenings from 6-10pm. Register your team from June 23 until August 29. The first games will be on September 13<sup>th</sup>. The fees are \$60.00 per team. For more information contact the Recreation Center Front Desk or Whitnee Cannon at 874-0923.

**End of Summer Softball Tournament-** The City of Delta is offering you another chance to show what your team can do so get your team entered into this end of the summer fun. Divisions for Coed, Women's and Men's teams will be offered. The tournament will be on August 7 & 8 at Mountain View in Delta. The final deadline to register your team is August 1<sup>st</sup>. Register your team by July 25<sup>th</sup> for a \$25 discount; the team fee is only \$175 before July 25<sup>th</sup>, after July 25<sup>th</sup> the fee is \$200. Three game guarantee for the weekend.

**Youth Flag Football League-** Hey kids! Are you ready for another great season of Flag Football? Flag football is for boys and girls in grades K-4. The kindergarteners through 2<sup>nd</sup> play together and will play on Tuesdays and Thursdays at Confluence Community Fields and the 3<sup>rd</sup> and 4<sup>th</sup> graders play together. Games for the 3<sup>rd</sup>-4<sup>th</sup> graders will be played on Monday and Wednesday evenings at Confluence Community Fields beginning in October. Registration is from July 12-August 31. The fee for the season is \$35. There will be a late fee of \$10.

**Youth Volleyball Skills And Games-** Hey kids! Bill Heddles Recreation Center is now offering volleyball skills and games for youth grades K-6th. Registration is from July 12-August 31. The registration fee is \$30. Practices and games will be mid-September thru October on Wednesday nights. Come learn the skills of volleyball and how they are applied to a real game.

**Private Racquetball Lessons-** Bill Heddles Recreation Center and Gary West are offering Private Racquetball Lessons. Gary West is sponsored by HEAD, 1988 Colorado Instructor of the Year and a 12 time state champion. He can do lessons for individuals of any level, beginner to advanced and can work with individuals to meet their schedule. Private Lessons are only \$30 per hour and need to be set up through the front desk at the Rec. Center. All lessons will be taught at Bill Heddles Recreation Center.